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BEAN CURD & EGGS

24 Famous
Chinese dishes
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家常宴客
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豆腐蛋類

80.

Sauteed Bean Curd Home Style

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Sauteed Bean Curd Home Style

Ingredients:

4 pcs.	*Tender bean curd (3''×3'')*	*1 t.*	*Sugar*
4 C.	*Oil*	*1 t.*	*Sesame oil*
3 oz.	*Chopped pork or beef*	*1/2 C.*	*Soup stock*
1 t.	*Chopped ginger*	*1 T.*	*Cornstarch paste*
1 T.	*Mashed garlic*	*1 T.*	*Chopped green onion*
1 T.	*Bean paste (Hot)*		
1-1/2 t.	*Salt*		

Procedure:

1. Cut the bean curd into 1-1/2 inches square pieces. Cut each square piece into two triangles. Then cut each piece horizontally so that each piece is about 1/2 inch thick
2. Heat the oil in a pan. Fry the bean curd until it is golden. Remove the bean curd from the pan and reduce the oil to 2 T.
3. Heat the 2 T. of oil in the pan. Stir fry the chopped pork. Then add the bean paste, garlic, and ginger. Finally, add the soup stock and the bean curd.
4. Cover the pan and cook over a low fire for a few minutes. (Be careful that the bean curd does not stick to the pan) Add the salt and sugar. Thicken the sauce with the cornstarch paste. Sprinkle the green onion on top. Place on a platter and serve.

Ma Po's Bean Curd

Ma-Po's Bean Curd

Ingredients:

8 cubes	*Bean Curd (2"×2")*	*1 t.*	*Salt*
4 oz.	*Ground pork (or beef)*	*2 t.*	*Cornstarch (make paste)*
1 t.	*Garlic chopped*	*2 t.*	*Cold water (make paste)*
1 T.	*Green onion chopped*	*1 C.*	*Soup stock*
1 T.	*Hot bean paste*	*1 t.*	*Sesame oil*
1 t.	*Brown peppercorn powder*	*3 C.*	*Oil*
2 T.	*Soysauce*		

Procedure:

1. Cut the bean curd into 1/2 inch cubes and deep fry in hot oil for about 1/2 minute, (or boil in water).
2. Remove all oil except 3 T. reheat and fry the ground pork well, then add garlic, hot bean paste, soysauce, salt, soup stock and bean curd. Boil for 3 minutes.
3. Thicken with cornstarch paste, then sprinkle with chopped green onion and sesame oil. Place on plate and sprinkle with brown peppercorn powder and serve.

NOTE:

Hot red pepper oil may be added to this dish, if you like it hotter.

Sauteed Bean Curd Balls

jpepito王鼎汉

Sauteed Bean Curd Balls

Ingredients:

6 pcs	*Bean Curd (2"×2")*	*6*	*Green cabbage*
4 oz.	*Ground Pork*	*8*	*Ham (slices)*
1 t.	*Salt*	*2-1/2 C.*	*Soup Stock*
2	*Egg whites*	*1 T.*	*Soy sauce*
2 T.	*Flour*	*1/2*	*Salt*
6 C.	*Oil*	*1 T.*	*Cornstarch*
3	*Black mushrooms*	*1 t.*	*Sesame oil*

Procedure:

1. Smash bean curd very finely and place in large bowl. Add ground pork, salt, egg whites, and flour, mix well.
2. Put 1 T. bean curd mixture on a spoon, then put it to your palm then back on the spoon, repeat this procedure three or four times to make the bean curd mixture into an oliveshaped ball. Place on a plate which is rubbed with oil.
3. Deep-fry bean curd balls in hot oil until golden brown.
4. Heat 3 T. oil to stir-fry black mushrooms, green cabbage, (first scald cabbage in boiling water), and ham slicks. Then pour in soup stock and add soy sauce, salt, and all the fried bean curd balls. Cook for 3 minutes over low heat, thicken with cornstarch paste. Serve.

Stuffed Bean Curd with Pork and Shrimp

Stuffed Bean Curd with Pork and Shrimp

Ingredients:

6	*Bean curd (2''×2'')*	
1/2 lb.	*Ground pork*	
3.	*Black mushroom*	
1/2 t.	*Salt*	A
1 t.	*Wine*	
1 t.	*Cornstarch*	
2 t.	*Soysauce*	
2 t.	*Green onion (chopped)*	

1/4 lt	*Shrimp*	
1 oz.	*Ground pork fat.*	B
1/8 t.	*Ginger juice*	
1/4 t.	*Salt.*	
1 t.	*Cornstarch*	
1 t.	*Wine*	
1/3	*Egg white*	
3 T.	*Cornstarch*	

Procedure:

1. Chop soaked black mushrooms, mix with ground pork and A.
2. Smash shrimp and mix with B.
3. Cut each bean curd into 2 triangle and slice each tringle into 3 slices Dredge a little cornstarch on each slice. Place 1 t. pork mixture on 12 slices of bean curd, splash cornstarch, cover with one slice beancurd, splash cornstarch, place 1 t. shrimp mixture, splash cornstarch, cover with another one slice of bean curd.
4. Coat each bean curd sandwich with flour. Deep fry in hot oil till goldern brown. Serve with brown pepper corn salt and ketchup.

Bean Curd Dumplings

Bean Curd Dumplings

Ingredients:

4 cubes	*Bean curd (2''×2'')*
4 oz.	*Pork (ground)*
1 T.	*Dried black mushrooms (soaked and chopped)*
1 T.	*Dried shrimp (soaked and chopped)*
1/2 t.	*Salt*
1 t.	*Wine*
2 t.	*Salt*
3 C.	*Soup stock*
2 T.	*Cornstarch*
6 slices	*Ham (small)*
20 pcs.	*Snow Peas Pods*

Procedure:

1. Place ground pork on chopping board, add 1 T. water and chop. In a bowl, mix pork with mushrooms, shrimp, salt, wine and cornstarch, until a paste is formed. Divide into 20 small pieces.
2. Cut off hard skin of each bean curd cube and slice beancurd horizontally into 6 sheets (about 1/5 inch thick).
3. Prepare a wet square cloth, place one slice of bean curd on a corner. Put 1 piece of stuffing in the middle of bean curd slice, take the corner of the cloth forward and fold the bean curd slice into triangle shape. Then press open sides with forefingers, sealing it into a triangle shaped dumpling.
4. Brush oil on plate and place dumplings carefully on plate. Steam over moderate heat for 8 minutes.
5. Bring 3 C. soup stock to a boil and add ham slices and snow peas pads Season with salt, thicken with cornstarch, and splash with 1 T. chicken grease. Pour onto big platter, and carefully put the steamed bean curd dumplings in the soup. Serve hot.

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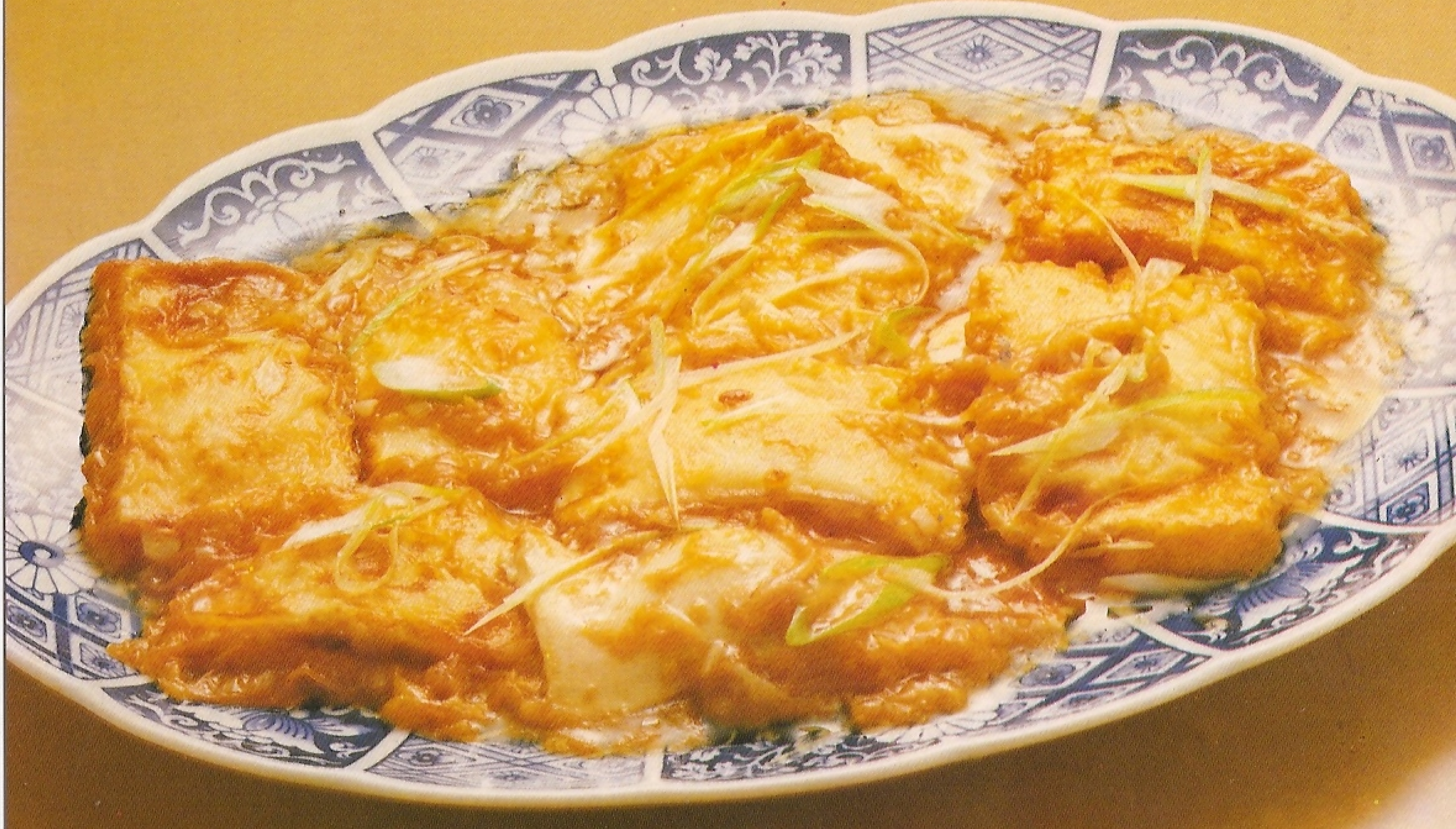
Bean Curd Sandwiches



Bean Curd Sandwiches

Ingredients:

4	*Bean curd (2''×2'')*
3 oz	*Ground pork*
1/3 t.	*Salt*
1 t.	*Wine*
1/2 T.	*Soysauce*
1 t.	*Cornstarch*
1/2 C.	*Flour*
3 C.	*Oil*
2 T.	*Green onion (shredded)*
1/2 T.	*Ginger (shredded)*
2 T.	*Soysauce*
1/2 t.	*Salt*
1/2 C.	*Soup stock*
1/2 T.	*Cornstarch*

Procedure:

1. Place ground pork in bowl, add salt, soysauce, wine, cornstarch, mix well.
2. Cut bean curd into 1''×2'' rectangle. Slice each rectangle into 4 slices. Dredge each slices with flour. Rub 1 t. pork mixture over each slice, cover with another slice of bean curd. Coat with flour.
3. Deep fried each bean curd sandwich in hot oil for 3 minutes. (over low heat).
4. Heat 2 T. oil in a pan to stir fry ginger (shredded). Pour 1/2 C. soup stock, add salt, soysauce, bean curd, cook over low heat for 3 minutes, thicken with cornstarch paste, splash 1 T. hot oil and shredded green onion. Serve.

Bean Curd & Egg 7

Sauteed Bean Curd with Fish Roe

Sauteed Bean Curd with Fish Roe

Ingredients:

3	*Bean curd (3’’×3’’)*
6 oz.	*Fish roe (fresh or salted)*
3 T.	*Oil*
1/2 T.	*Ginger (chopped)*
1/2 T.	*Garlic (chopped)*
1 t.	*Red hot bean paste*
1/2 T.	*Wine*
1 C.	*Soup stock*
2 T.	*Wine*
1/2 t.	*Salt.*
1/4 t.	*Sugar*
1 T.	*Cornstarch paste*
1 t.	*Sesame oil*
1	*Green garlic*

Produce:

1. Cut bean and into 1/2’’×1/2’’ cubes. Cook in boiling water for 1 minute. Remove and drain.
2. Heat 3 T. oil to stir fry ginger, garlic, red hot bean paste, add wine, soupstock, fish roe (cut into small pieces). Put bean curd in pan, add soysauce, sugar, salt, cook over low heat for 5 minutes.
3. Thicken with cornstarch paste, splash sesame oil and shredded green garlic, serve.

Sauteed Bean Curd On hot Plate

Sauteed Bean Curd on Hot Plate

Ingredients:

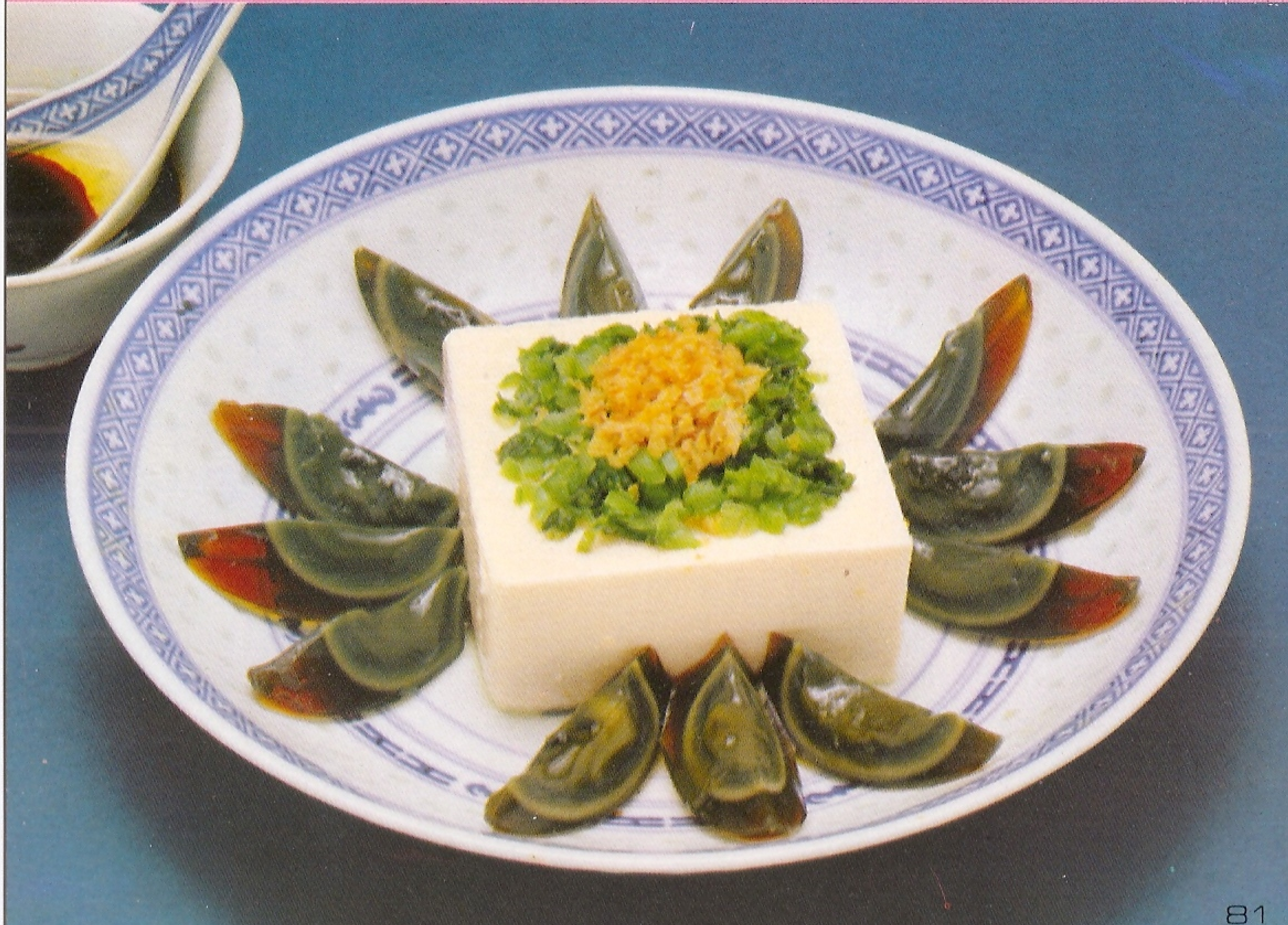
4	*Bean curd (3"×3")*	
6 C.	*Oil*	
6 oz.	*Ground pork*	
1 t.	*Soysauce*	A
1/2 t.	*Salt*	
1 t	*Cornstarch*	
1 t.	*Wine*	
1 T.	*Green onion*	
1/2 C.	*Wood ear (soaked)*	
10 shices	*Bamboo shoot*	

10 pcs.	*Green onion (1" long)*
5	*Ginger slices*
2 T.	*Soysauce*
1/2 t.	*Sugar*
1-1/2 C.	*Soup stock*
1/2 T.	*Cornstarch*
1	*Red hot pepper*

Procedure:

1. Mix ground pork with A.
2. Cut each bean curd into half. Deep fry in hot oil till golden brown (about 2 minutes) Cut a slit on each bean curd and stuff with 1 t. meat mixture.
3. Heat 3 T. oil in a pan to stir fry green onion sections, ginger, bamboo shoot, add soysauce, soup stock, wood ear, red hot pepper (cut into small cubes) salt, sugar, put bean curd in the pan and cook over low heat for 5 minutes.
4. Thicken with cornstarch paste. Remove in a large bowl.
5. Heat the steak plate till very hot, place on a wood battom. Pour bean curd immediately on the hot plate when serving.

Bean Curd with Thousand—Year Egg Salad



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Bean Curd with Thousand-Year Egg Salad

Ingredients:

1	*Bean curd (3''×3'')*	*2 T.*	*Soysauce*
2	*Thousand-Year egg*	*1 T.*	*Sesame oil*
1/2 C.	*Salted vegetable (chopped)*	*1/4 t.*	*Sugar*
2 T.	*Dried shrimp*		

Procedure:

1. Put bean curd in center of the plate. (scard crisscross on top.)
2. Cut each Thousand year egg into pieces .
3. Place chopped salted vegetable on top of bean curd. In the center, place soaked chopped dried shrimp.
4. Mix soysauce, sesame oil and sugar together in a bowl, splash over bean curd. Mix well when serve.

Stewed Stuffed Bean Curd Box

Stewed Stuffed Bean Curd Box

Ingredients:

2	*Bean Curd (4"×2")*	
6 oz	*Ground pork*	
2 T.	*Green onion (chopped)*	
1/2 t.	*Minced ginger.*	
2 T.	*Black mushroom (chopped)*	
2 T.	*Water chestnut (chopped)*	
1-1/2 T.	*Soysauce*	A
1/2 t.	*Salt*	
1/2 T.	*Wine*	
2 t.	*Cornstarch*	
1/4 t.	*Black pepper*	

6 C.	*Oil*
10	*Green vegetables*
2 T.	*Green onion sections*
1 C.	*Soup stock*
1-1/2 T.	*Soysauce*
1/2 t.	*Salt*
2 t.	*Cornstarch*
1/2 t.	*Sesame oil.*

Procedure:

1. Deep fry bean curd in hot oil until golden brown. Cut along three edges to make a cover dig out inside bean curd to form a box.
2. Mix ground pork with green onion, ginger, black mushroom (soaked), water chestnut, marinate with A. stuff into bean curd box. Pleace on a plate and steam over high heat for 20 minutes.
3. Heat 2 T. oil to stir fry green onion, pour in soup stock, (discard green onion), add soysauce, salt, when boiling, thicken with cornstarch paste, turn off heat, splash sesame oil, pour over bean curd boxes. Garnish with sauteed green vegetables, serve.

* This dish can be stewed without being steamed but with double seasonings.

Braised Bean Curd Hu—Nan Style

Braised Bean Curd Hu-Nan Style

Ingredients:

3 pcs	*Bean Curd (3’’×3’’)*	*6 pcs*	*Ginger slices.*
3 oz	*Lean pork*	*1 T.*	*Wine*
1 T.	*Soysauce*	*2 T.*	*Soysauce*
1 T.	*Cornstarch paste*	*1 t.*	*Salt.*
2 T.	*Fermented Black Beans*	*1/3 t.*	*Sugar*
3 T.	*Oil*	*1 C.*	*Soup stock*
2	*Green garlic*	*1 T.*	*Cornstauch*
1 T.	*Red Hot pepper paste*	*1/2 T.*	*Sesame oil.*

Procedure:

1. Cut lean pork into strings, marinate with soysauce and cornstarch for 10 minutes. Stir fry in hot oil till done, remove.
2. Cut bean curd into 1-1/2’’×2’’×1’’ thick slices. Deep fried in hot oil for one minute.
3. Heat 3 T. oil to stir fry fermented black beans (soaked). Red hot pepper paste, ginger slices, add wine, soysauce, sugar, salt, soup stock, put bean curd into pan and cook over high heat for 5 minutes.
4. Thicken with cornstarch paste, add sesame oil, splash shredded green garlic, serve.

Deep Fried Stuffed Bean Curd Rolls

Deep Fried Stuffed Bean Curd Rolls

Ingredients:

4 pcs.	*Fried bean curd*	*4 T.*	*Oil*	
3 oz.	*Lean pork*	*1/3 t.*	*Salt*	
1	*Bamboo shoot*	*1/2 T.*	*Soysauce*	A
3	*Black mushrooms*	*1/2 t.*	*Salt*	
1/2 pcs.	*Carrot*	*1/4 t.*	*Sugar*	
2 oz	*Salted Szechuan vegetable*	*1-1/2 C.*	*Soup stock*	
2 oz	*Leeks*	*1/2 T*	*Cornstarch*	

Procedure:

1. Cut lean pork into strings, marinate with 1/2 T. soysauce and 1 t. cornstarch. Cut bamboo shoot, carrot, black mushroom (soaked), and salted szechuan vegetable into strings. Cut leeks into 1'' long sections.
2. Heat 4 T. oil in pan to stir fry pork strings, black mushrooms, carrot, bamboo shoot. Salted szechuan vegetable, add 1/3 t. salt, and leeks, turn off heat. This is the stuffing.
3. Slice fried bean curd into a flat sheet. Place 1 T. stuffing on one side of bean curd, roll into a cylinder, seal with a tooth pick.
4. Cook stuffed bean curd with A over low heat for 5 minutes. Remove and cut each bean curd into 4 sections, place on plate. Thicken soup with cornstarch paste, splash over bean curd, Serve.

Cantonese Stuffed Bean Curd

Cantonese Stuffed Bean Curd

Ingredients:

4 pieces	*2-1/4'' Square bean curd*
6 oz.	*Pork (chopped)*
2 oz.	*Fish fillet (chopped)*
1 T.	*Dried shrimp (soaked and chopped)*
1 T.	*Green onion (chopped)*
1 T.	*Green onion (shredded)*
1/3 C.	*Oil*

1/2 t.	*Salt (to marinate pork)*
1 T.	*Wine ''*
2 t.	*Cornstarch ''*
1 T.	*Soysauce*
1-1/2 C.	*Soup stock*
2 T.	*Soysauce (or oyster sauce)*
1 T.	*Cornstarch (make paste)*
1 T.	*Cold water*

Procedure:

1. Cut each piece of beancurd into 4 pieces triangle shaped.
2. Mix the chopped pork, fish, shrimp, onion with marinade. If too dry add 2 or 3 T. water to mix to the right consistency. Cut a slit on each bean curd triangle. Stuff the slit with meat mixture.
3. Fry the stuffed bean curd with meat side down for about 2 minutes until golden brown, tipping the frying pan a little so that the bean curd will not stick to the pan. Add soup stock (water will do). Cover and simmer for 3-4 minutes. Dish out carefully with pancake turner.
4. Add soysauce, or oyster sauce, then cornstarch paste to cook until thickened, sprinkle shredded green onion and pour over bean curd. Serve.

Bean Curd with Crab Meat

Bean Curd with Crab Meat

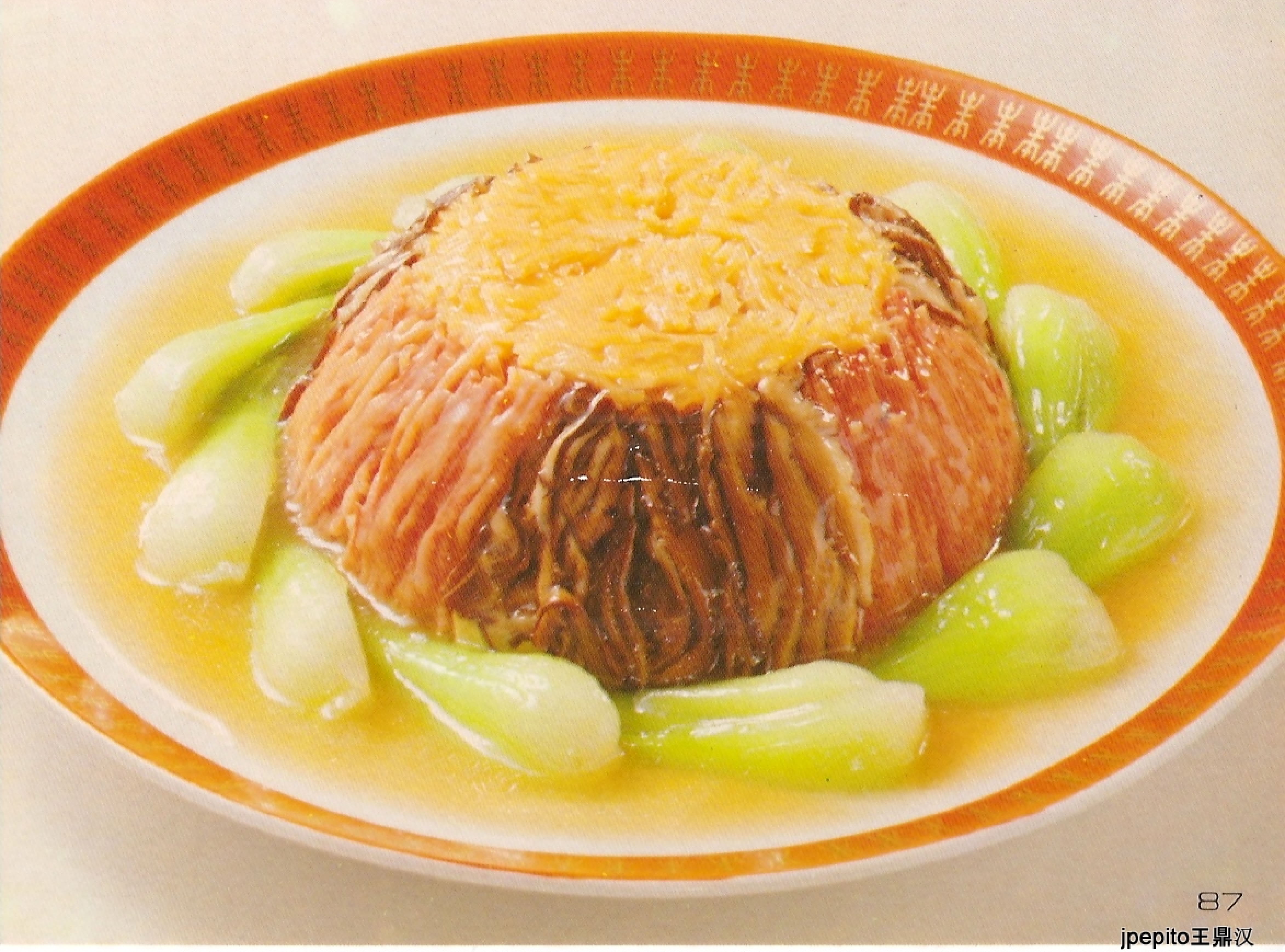
Ingredients:

6	*Bean curd (3''×3'')*	*1 C.*	*Soup stock*
1/2 C.	*Cooked crab meat*	*2 t.*	*Salt*
2 T.	*Cooked crab roe (optional)*	*3 T.*	*Cornstarch*
1/2 T.	*Chopped ginger*	*1*	*Egg white*
1 T.	*Wine*	*2 T.*	*Chopped green onion*
		1 t.	*Chicken grease*

Procedure:

1. Remove the hard edge from the bean curd. Then cut into 1''×1''×1/3'' pieces. Boil the bean curd in boiling water for 1 minute. Remove. Drain and dry.
2. Heat 3 T. of oil in a pan. Fry the ginger and the crab meat. Stir fry for a few seconds. Sprinkle in 1 T. of wine and pour in the soup stock immediately. Add the bean curd gently and season with 2 t. of salt. Cook over low heat for about 3 minutes.
3. Mix the cornstarch with 3 T. of cold water. Sprinkle this cornstarch paste into the bean curd slowly. Stir gently until thickened. Sprinkle in the beaten egg white and add the chopped crab roe. Stir until blended. Turn off the heat. Sprinkle 2 T. of chopped green onion on top. Place on a platter and splash 1 t. of chicken grease on top. Serve.

Stuffed Fried Bean Curd with Vegetables



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Stuffed Fried Bean Curd with Vegetables

Ingredients:

12 pcs	*Fried bean curd*	
2 C.	*Boiling water*	
1/2 t.	*Baking soda*	
6 oz	*Ground pork*	
1 T.	*Green onion (chopped)*	
1 T.	*Soysauce*	
1/3 t.	*Salt*	
1 t.	*cornstarch*	
3 T.	*Oil*	
5 pcs.	*Ginger slices*	A
5	*Green onion*	
1/2 T.	*Wine*	
1-1/2 T.	*Soysauce*	
1-1/2 C.	*soup stock*	
1/2 lb.	*green cabbage*	
1/2 t.	*Salt.*	

Procedure:

1. Add baking soda in boiling water, soak Fried bean curd for 10 minutes.
2. Mix ground pork with A. Stuff 1 t. pork mixture in each Fried bean curd.
3. Heat 3T. oil in pan to stir fry ginger and green onion sections, add soysauce, wine, soup stock, put stuffed fried bean curd in the pan and cook over low heat for 5 minutes.
4. Cut green cabbage into 1'' long, Cook in boiling water for 10 seconds, remove,squeeze dry, put in pan and cook with fried bean curd for 2 minutes, add salt, mix well. Serve.

Scallop, Ham & Mushroom with Steamed Bean Curd

Scallops, Ham, and Mushroom With Steamed Bean Curd

Ingredients:

2	*Dried scallops (soaked and shredded)*	*5 C.*	*Soup stock (chicken)*
		2 t.	*Salt*
5	*Black mushrooms (about 1/3 C.) (soaked and shredded)*	*12 pcs.*	*Green vegetables*
		2 t.	*Cornstarch*
1/2 C.	*Ham (shredded)*	*2 t.*	*Chicken grease*
6 squares	*Bean curd (3"×3")*		

Procedure:

1. Cut each bean curd into four pieces. Put in a pan. Add 3 C. of soup stock and 1 t. of salt. Cook over low heat for half an hour.
2. In a medium size bowl, arrange the shredded scallop, ham, and black mushrooms in the bottom. Then put the cooked bean cured on top of them. Add 1/2 C. of soup stock (used for cooking the bean curd). Remove to a steamer. Steam for one hour over medium heat.
3. Turn the steamed bean curd pudding upside down on a platter. Stir fry the green vegetable and season with some salt. Then arrange them on a platter around the bean curd pudding.
4. Bring 2 C. of soup stock to a boil and season with 1 t. of salt. Add the cornstarch paste. Stir until thickened. Sprinkle in the chicken grease. Pour it over the bean curd pudding and serve.

Scrambled Egg with Shrimps

Scrambled Egg with Shrimps

Ingredients:

3 oz	*Shrimps*	*5*	*Eggs*
1/3	*egg white*	*1/3 t.*	*Salt*
1/4 t.	*Salt.*	*1-1/2 C*	*Oil*
2 t.	*Cornstarch*	*2 T.*	*Green onion (Chopped)*

Procedure:

1. Clean shrimp with salt, rinse and drain dry. Add 1/3 egg white, 1/4 salt and 2 t. Cornstarch to marinate shrimp for 15 minutes.
2. Beat 5 eggs in a large bowl, add 1/3 t. salt, mix well.
3. Heat 1-1/2 C. oil in a pan for 30 seconds. Put shrimp in pan and stir fry for 10 seconds. remove and drain.
4. Heat another 5 T. oil in a frying pan to stir fry chopped green onion, pour beaten egg and shrimp in the pan, stir fry quickly over high heat, for a few seconds until one half of the egg mixture is done. Serve.

Deep Fried Meat Balls Stuffed with Egg

Deep Fried meat Balls stuffed with Egg

Ingredients:

4	*Boiled eggs*		*1/4 C.*	*Flour*
1/2 lb.	*Green onion (Chopped)*	A	*2*	*Eggs*
1/3 t.	*Ginger.*		*1/2 C*	*Bread crumbs.*
2 T.	*Water*		*6 C*	*Oil*
1 T.	*Cornstarch*		*2 T.*	*Ketchup*
1/2 t.	*Salt.*		*2 T.*	*Worcestershire sauce*
1/4 t.	*Black pepper*			
1/2 t.	*Soysauce*			
1 t.	*Wine*			

Procedure:

1. Mix ground pork with all ingredients of A.
2. Rub oil in palms, hold 1/4 part of pork mixture in palm, flatten, wrap one boiled egg to form a ball shape.
3. Dredge meat balls with flour, dip in beatten egg, then coat with bread crumbs. Deep fry in hot oil over low heat for alout 3 minutes.
4. Cut each meat ball into half place in a plate (with shredded lettuce on bottom.) Serve with ketchup and Worcestershire sauce.

Steamed Egg with Clams

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Steamed Egg with Clams

Ingredients:

3	*Eggs*
1-1/2 C.	*Soup stock*
1 t.	*Salt*
1 t.	*Wine*
1 t.	*Soysauce (light color)*
7	*Clams*
	(Chinese Parsley)

Procedure:

1. Beat eggs in a large bowl, add soup stock, salt, soysauce, mix well, sift with a strainer.
2. Open each clams with a small knife.
3. Put clams in a steam bowl, pour in egg mixture cover with lid.
4. Steam over high heat for 2 minutes, turn to low heat, steam for another 20 minutes. (till egg becomes stiff.) Remove lid, sprinkle chinese parsley or chopped green onion.
5. Heat 1 T. oil in pan, add 1 t. soysauce, when boiling, pour steamed egg. Serve.

Egg Omelet Sze—Chuan Style

Egg Omelet Sze-Chuan Style

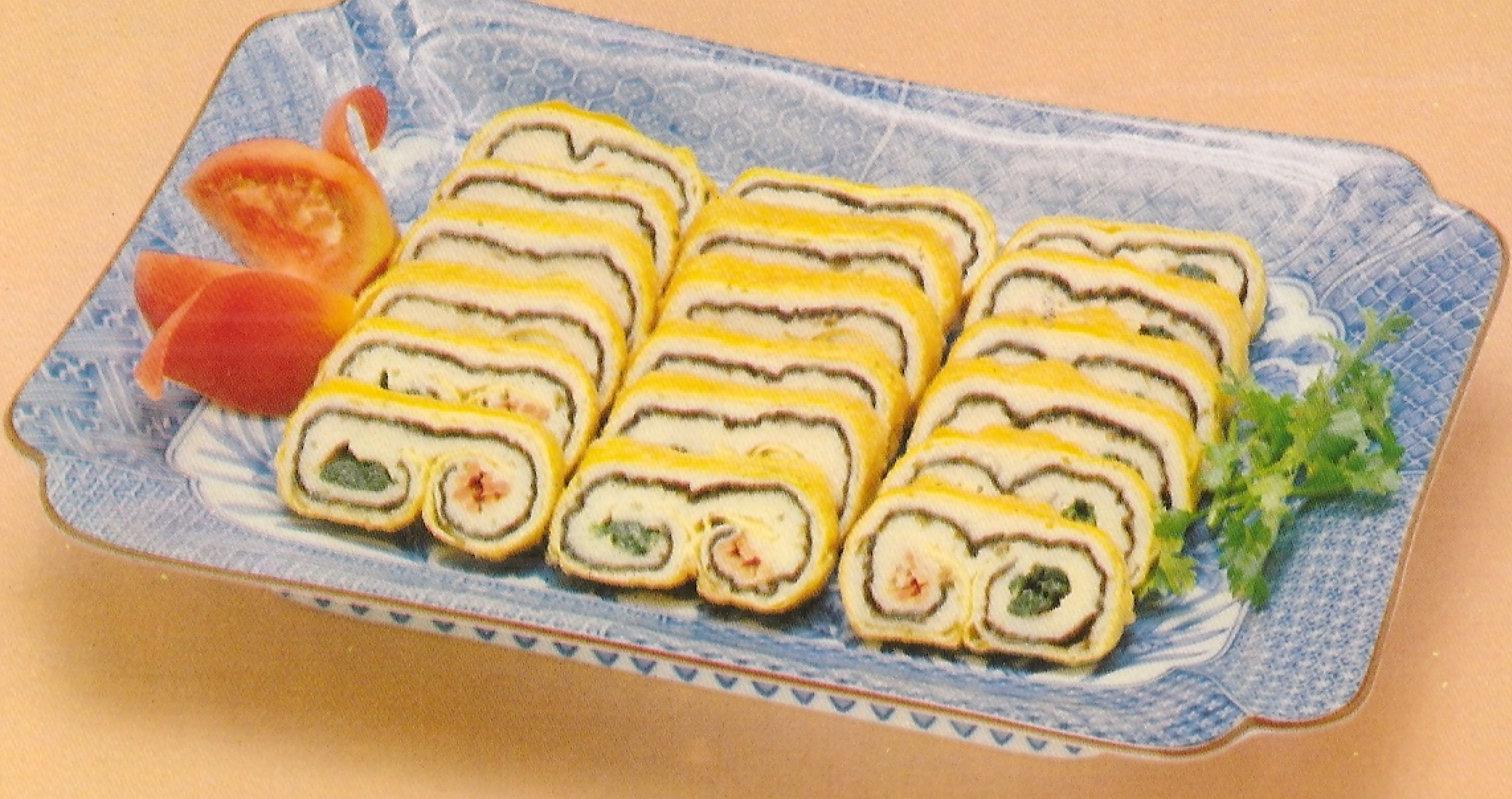
Ingredients:

6	*Eggs*
1 t.	*Salt*
1 T.	*Cornstarch paste*
3 oz.	*Ground pork*
5	*Water chestnuts*
1 T.	*Hot bean paste*
1/2 T.	*Chopped ginger*
1 t.	*Chopped garlic*
1/2 C.	*Fungus (Soaked)*
2 C.	*Oil*
1/2 T.	*Soysauce (light)*
1/2 C.	*Soup stock*
2 t.	*Sugar*
1 t.	*Salt*
2 T.	*chopped green onion*
1 t.	*Vinegar*
1 t.	*Cornstarch paste*

Procedure:

1. Crack the eggs into a bowl and beat them. Add the salt and the cornstarch paste. Beat the eggs until they are stiff.
2. Heat 2 C. of oil in the pan. Pour the egg mixture into the pan. Cover and use a low heat to cook it for about 3 minutes. When the omelet is half done, turn it over. Cook this side about 3 more minutes. When the omelet is done, place it on a clean platter and cut it into 1-1/2'' square.
3. Cut the water chestnuts and fungus into small pieces.
4. Heat 2 T. of oil in a pan. Stir fry the pork. Add the hot bean paste, ginger, garlic, fungus, and water chestnuts. Then add wine, salt, soysauce and soup stock. Add the cornstarch to thicken the sauce. Sprinkle green onion and vinegar. Pour the sauce on top of the omelet and serve.

Tri—Color Egg Rolls



Tri-Color Egg Rolls

Ingredients:

2	*eggs*	*3 oz*	*spinach*
1 T.	*Cornstarch paste*	*1/2 C.*	*Ham (shredded)*
1/3 t.	*Salt*	*3 T.*	*Cornstarch*
8 oz	*Ground pork*	*6 C.*	*Oil.*
1 pcs	*Laver (sea weed) (8''×8'')*		

Procedure:

1. Mix cornstarch paste and 1/3 t. salt with beatten eggs, Heat 2 T. oil in a flat frying pan, pour egg's mixture in the pan to make an 8''×8'' egg sheet.
2. Sprinkle 1 T. cornstarch on egg sheet, rub 6 oz ground pork, cover with laver (sea wood), rub 2 oz ground pork on it again.
3. Cook spinach in boiling water a few seconds, squeeze dry. Place spinach on the edge of the laver over ground pork. Place Ham strings on the other side edge. Roll each side to the center and seal with flour paste. Remove to a plate and steam for 10 minutes.
4. Coat egg roll with cornstarch, deep fry in hot oil for one minute. Remove and cut into slices. Serve.

Omelet Western Style

Omelet Western Style

Ingredients:

2	*Eggs*	*2 T.*	*Ham (chopped)*
1/4 t.	*Salt*	*1 T.*	*Mushroom slices.*
1/4 t.	*Black pepper*	*1/4 t.*	*Salt*
2 T.	*Onion (chopped)*	*3 T.*	*Oil*

Procedure:

1. Heat 1 T. oil to stir fry chopped onion, ham and mushrooms, add salt, mix well. This is the stuffing.
2. Heat 1 T. oil in a flat frying pan, pour beatten egg (mix with 1/4 t. salt and 1/4 t. black pepper) to make a pan cake. Put the stuffing in center, fold on half of egg sheet to cover the other half to make an olive shape omelet.
3. Remove omelet on plate, serve with ketchup and favorite vegetables.

* Omelet is for breakfast or fast food in foreign country. Besides plain omelet (without stuffing), Chicken, Cheese, potatoes, or vegetables can be used as stuffing. Serve with tomato ketchup or just with pepper and salt.

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Stewed Egg Dumplings with Brown Sauce

Stewed Egg Dumplings with Brown Sauce

Ingredients:

2	*Eggs*		*3 T.*	*Oil*
1	*Egg yolk*		*1 T.*	*Green onion*
1/6 t.	*Salt*		*2*	*Black mashroom*
1 T.	*Oil*		*10 pcs*	*Carrot slices*
1/4 lb.	*Ground pork.*	A	*6 pcs*	*Ham slices.*
1 T.	*Soysauce*		*1-1/2 T.*	*Soysauce*
1 t.	*Wine*		*1 C.*	*Soup stock*
1/4 t.	*Salt.*		*1/3 t.*	*Sugar*
1/2 t.	*Cornstarch*		*2 t.*	*Cornstarch*
2 T.	*Water*			

Procedure:

1. Put all ingredients of A into a large bowl and mix well, this is the stuffing.
2. Beat 2 eggs and one egg yolk, add 1/6 t. salt and 1 T. oil, mix well.
3. Rub a little oil on the central bottom of the pan, pour 2 T. egg mixture in the pan to make an egg sheet, put 1 t. meat stuffing on center, fold egg sheet to a half circle and seal edges to a dumpling.
4. Heat 2 T. oil in a pan to stir fry green onion, soaked black mushroom, add soysauce, soup stock, put egg dumpings in pan and cook over low heat for 5 minutes, add carrot, ham, snow peas, sugar, cook for another 1 minute, thicken with cornstarch paste. Serve.

Egg Fu—Yung with Light Sauce

Egg Fu-Yung with Light Sauce

Ingredients:

5	*Eggs*
1 t.	*Salt*
2 T.	*Roasted Pork (shredded)*
2 T.	*Black mushrooms (soaked, shredded)*
3 T.	*Bamboo shoot (cooked, shredded)*
1 T.	*crab meat (or shrimp)*

1/2 lb.	*Bean Sprout*	
3 T.	*Green onion (chopped)*	
1/2 C.	*Soup stock*	*seasoning sauce*
1/2 t.	*Salt.*	
1/4 t.	*Black pepper*	
1/2 T.	*Soysauce (or Oyster sauce)*	
1/2 t.	*Sesame oil.*	

Procedure:

1. Beat the eggs, add salt. Shedded roasted pork. Bamboo shoot, black mushroom. Crab meat and mix well.
2. Heat 4 T. oil in a pan. Pour egg mixture into the pan, stir fry quickly, When it is stiff, make into a pancake (about 7’’ circle), fry both side over low heat till it's done.
3. Remove egg pancake in a soup bowl, cover with stir fried bean sprout, turn the plate over on a serving plate.
4. Heat 1 T. oil to stir fry green onion , pour seasoning sauce in the pan, cook over high heat, when boiling, splash over the egg. Serve hot.

* 1. Bean sprout can be replaced by shredded cabbage.
* 2. Seasoning Sauce can be replaced by Sweet-n-Sour Sauce.

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PEI MEI'S
CHINESE COOKING CARDS

BEAN CURD & EGGS

Pei Mei's Cooking Cards are classified into: Chicken, Duck, Pork, Beef, Fish, Soup, Seafood, Bean curd. & Eggs Vegetable, Vegetarian dishes.

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